

In The Claims:

1. (Presently Amended) A support structure for selectively elevating a first portion of an exercise machine above a surface, comprising:
 - a) a base member; and
 - b) a first platform configured for supporting a first selected portion of an exercise machine having a rail member, said first platform coupled to said base member and movable between a first position in which said first platform is generally level with said base member and said rail member is generally parallel to said surface and a second position in which said first platform is elevated relative to said base member and said rail member is in either an inclined plane or a declined plane relative to said surface.
2. (Original) The support structure of claim 1 further comprising a locking mechanism to secure said first selected portion of said exercise machine to said first platform.
3. (Original) The support structure of claim 1 further comprising a second platform configured for supporting a second selected portion of said exercise machine, said second platform coupled to said base member and movable between a first position in which said second platform is generally level to said base member and a second position in which said second platform is elevated relative to said base member.

4. (Original) The support structure of claim 3 further comprising a locking mechanism to secure said second selected portion of said exercise machine to said second platform.
5. (Presently Amended) The support structure of claim 3 wherein, in said respective second ~~position~~ positions, said first platform is elevated a first distance above said base member and said second platform is elevated a second distance above said platform and wherein said second distance is approximately twice said first distance.
6. (Original) The support structure of claim 3 further comprising a support lever to alternately elevate said first and second platforms such that, when said first platform is in said second position, said second platform is in said first position and, when said second platform is in said first position, said second platform is in said first position.
7. (Presently Amended) The support structure of claim 3 and further comprising a support ~~level~~ lever having first and second ends, said first platform attached to said first end of said support lever and said second platform attached to said second end of said support lever.
8. (Presently Amended) A The support structure of claim 7 for selectively elevating a first portion of an exercise machine, comprising:
- a) a base member;
 - b) a first platform configured for supporting a first selected portion of an exercise machine, said first platform coupled to said base member and movable between a

first position in which said first platform is generally level with said base member and a second position in which said first platform is elevated relative to said base member;

- c) a second platform configured for supporting a second selected portion of said exercise machine, said second platform coupled to said base member and movable between a first position in which said second platform is generally level to said base member and a second position in which said second platform is elevated relative to said base member; and
- d) a support lever having first and second ends, said first platform attached to said first end of said support lever and said second platform attached to said second end of said support lever;
- e) wherein said support lever is pivotally coupled to said base member.

9. (Original) The support structure of claim 8 wherein said support lever is comprised of a first portion which includes said first end and a second portion which includes said second end, said first portion of said support lever having a juncture with said second portion of said support lever which defines an obtuse angle.

10. (Original) The support structure of claim 9 wherein said angle can be adjusted.

11. (Original) The support structure of claim 3 wherein the position of the first and second platform can be adjusted and maintained at a plurality of elevations between generally level to said base member and fully elevated relative to said base member.

12. (Presently Amended) A multi-planar rowing machine, comprising:

a. a rail member; and

b. a support structure coupled to said rail member, said support structure supporting said rail member above a surface, said support structure movable between a first position in which said rail member is generally parallel to said surface and a second position in which said rail member is in a declined ~~position~~ plane relative to said surface;

wherein said support structure further comprises:

(i) a base member; and

(ii) a first platform configured for supporting a first selected portion of said multi-planar rowing machine, said first platform coupled to said base member and movable between a first position in which said first platform is generally level with said base member and a second position in which said first platform is elevated relative to said base member.

13. (Presently Amended) A multi-planar rowing machine of claim 12 wherein said support structure is movable between a first position in which said rail member is generally parallel to said surface and a second position in which said rail member is in an inclined ~~position~~ plane relative to said surface.

Claims 14-23 (Canceled)

24. (New) The support structure of claim 1, wherein said first selected portion of said exercise machine is a front end of said exercise machine and said rail member is in an inclined plane relative to said surface.

25. (New) The support structure of claim 1, wherein said first selected portion of said exercise machine is a rear end of said exercise machine and said rail member is in a declined plane relative to said surface.

26. (New) The support structure of claim 1, and further comprising a first platform locking mechanism for securing said first platform to said base member.

27. (New) The support structure of claim 3, and further comprising:

a first platform locking mechanism for securing said first platform to said base member;
and

a second platform locking mechanism for securing said second platform to said base member;

wherein said second platform locking mechanism cannot be engaged when said first platform locking mechanism is engaged; and

wherein said first platform locking mechanism cannot be engaged when said second platform locking mechanism is engaged.

28. (New) The support structure of claim 3, and further comprising:

a support lever for coupling said first platform and said second platform to said base member;

said support lever having a first portion which includes a first end to which said first platform is attached and a second portion which includes a second end to which said second platform is attached;

said first portion of said support lever having a juncture, with said second portion of said support lever, which defines an obtuse angle.

29. (New) The support structure of claim 28, wherein said obtuse angle is a general 135 degree angle.

30. (New) The support structure of claim 28, wherein said obtuse angle can be adjusted.

31. (New) The support structure of claim 12, wherein a rear end of said rail member is elevated relative to a front end of said rail member when said rail member is in said declined plane.

32. (New) The support structure of claim 13, wherein a front end of said rail member is elevated to a rear end of said rail member when said rail member is in said inclined plane.

33. (New) A support structure for selectively elevating a portion of an exercise machine above a surface, comprising:

- a) a support lever;
- b) a first platform configured for supporting a first selected portion of an exercise machine above said surface, said first platform coupled to said support lever and movable between a first position in which said first platform is generally level with said surface and a second position in which said first platform is elevated relative to said surface; and
- c) a second platform configured for supporting a second selected portion of said exercise machine above said surface, said second platform coupled to said support lever and movable between a first position in which said second platform is generally level with said surface and a second position in which said second platform is elevated relative to said surface;
- d) said support lever having a first portion to which said first platform is coupled and a second portion to which said second platform is coupled; and
- e) said first portion of said support lever having a juncture, with said second portion of said support lever, which defines an obtuse angle.

34. The support structure of claim 33, wherein:

said second platform must be in said first, generally level, position whenever said first platform is in said second, elevated, position; and

said second platform must be in said second, elevated, position whenever said first platform is in said first, generally level, position.

35. (New) The support structure of claim 33, wherein the ratio of the length of said first portion of said support lever to the length of said second portion of said support lever is about 2:1.